



# FIRST FRIDAY REPORT



A Monthly Update for Friends of  
**THE YMCA OF METROPOLITAN DALLAS**

PRESIDENT'S OFFICE  
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**FEBRUARY 2019**

## Dear YMCA Friends,

Here are a few highlights of what's happening through your YMCA:

**Youth Development** Do you have young people at home or know friends looking for a job? Think about working at the Y. You'll find some of the best and most satisfied people working for the YMCA of Metropolitan Dallas. Here you will be able to put your experiences, abilities, creativity, and energy to work and discover the talents within yourself as you touch the lives of those around you. The YMCA of Metropolitan Dallas has job opportunities including seasonal, part-time, and full-time, each featuring incredible benefits and coworkers that will quickly feel like family. Visit [ymcadallas.org/employment](http://ymcadallas.org/employment) to learn more.



**Healthy Living** Texas has the 5th highest rate of childhood obesity in the United States and in Dallas County, one-third of all 3rd-12th graders are either overweight or obese. Get Up and Go, a Children's Health curriculum facilitated by the Y, is a weight management program for children and their parents. The ten-week program designed by Registered Dietitians at Children's Health, addresses the needs of children by creating awareness and understanding of how lifestyle choices affect health. The program has had impressive results; 76% of participants improved their fitness level, 87% developed healthier habits and 63% decreased their BMI. For more information, contact **Tracey Burns** at **(469) 276-8442**.



**Social Responsibility** At the YMCA of Metropolitan Dallas, we feel strongly that income should not be a barrier to becoming a member of the Y or participating in any of our programs. Therefore, thanks in large part to our Annual Campaign, Y For All exists to offer financial support to anyone in our community whose income doesn't allow for membership, swim lessons, youth sports, camp, after school care, and so much more that the YMCA offers. Anyone can apply to receive financial support through the Y For All program. Eligibility for financial support and the amount of financial support that can be given is determined on an individual basis. Resources to provide Y For All come from nearly 12,000 donors that contribute over \$4.3M to support the Annual Campaign. Visit [ymcadallas.org/donate](http://ymcadallas.org/donate) to help make the Y truly, For All.



Thank you for your continued support.

In spirit, mind, and body.

Sincerely,

Curt Hazelbaker  
President and Chief Executive Officer

